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The Childhood Trauma Recovery Workbook for Adults

**Interactive Exercises, Therapeutic
Prompts, and CBT/DBT Strategies
for Dealing with Depression, Anxiety,
Shame, and Other Effects of Abuse**

Dr. Norman J. Fried & Nathan Spiteri

Trauma Healing Workbook Ebook

Zahabiyah A. Yamasaki



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Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Trauma Healing Workbook Ebook**

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